



THE UNIVERSITY OF

CHICAGO

PHYSICAL EDUCATION &
ATHLETICS

FITNESS AND SWIMMING PLACEMENT TEST INFORMATION

Brian Baldea, Associate Athletic Director

GENERAL INFORMATION

The Physical Fitness Placement Test and Swimming Test are offered to entering first-year students who wish to place out of all or part of the College requirement in Physical Education. Please carefully read the information about the requirement on the following pages for more detailed information. Students who have questions, problems, or concerns may address them at the check-in desk during their regularly scheduled Physical Fitness Placement test time.

PHYSICAL FITNESS PLACEMENT TEST

The Physical Fitness Test will be conducted in the Gerald Ratner Athletics Center (5530 S. Ellis Avenue). You will receive an appointment card on the first day of Orientation during registration with the designated time for your test. ***If your Physical Fitness Test time conflicts with a required meeting, attend the meeting and report for the test on your scheduled day anytime between 9:00 AM and 12:00 PM.***

SWIMMING PLACEMENT TEST

The Swimming Test will be also be conducted in the Ratner Athletic Center. Your appointment card distributed on the first day of Orientation will designate a time for your test. ***If your Swimming Placement Test time conflicts with a required meeting, attend the meeting and report for the test on your scheduled day anytime between 9:00 AM and 12:00 PM.*** Students must bring a swim suit, towel, and student ID. Allow at least one hour after the consumption of a meal before reporting for testing.

COURSE REGISTRATION

First Year students register for Physical Education classes via the on-line course registration system beginning Monday, September 28, 2009. Autumn Quarter Physical Education classes begin on Wednesday, September 30, 2009.

For additional information:

<http://classof2013.uchicago.edu/faq.cfm>

PHYSICAL EDUCATION GENERAL INFORMATION

I. Requirement

- A. All undergraduate students entering the University as early entrants or high school graduates are required to complete three credits of Physical Education course work. At least one of these three credits must be in a designated Personal Fitness course. Personal Fitness courses are as follows:

PHED 14011 Personal Fitness - Weight Training
PHED 14016 Personal Fitness - Introduction to Free Weights
PHED 14021 Personal Fitness - Step Aerobics
PHED 14023 Personal Fitness - Water Aerobics
PHED 14031 Personal Fitness - Conditioning
PHED 14041 Personal Fitness - Jogging
PHED 14051 Personal Fitness - Pilates and BOSU Training

This coursework should be started in the Autumn Quarter of the first year and taken in consecutive quarters until the requirement is completed.

- B. All entering students are given the opportunity to place out of all or a portion of the requirement. ***The Orientation Week test administration represents the only opportunity to complete the tests.*** Classification is based on performance on a Physical Fitness Test and a Swimming Test.
- C. Those students who pass the Physical Fitness Tests with above average classification in relation to age-group norms established with college student populations, and pass the Swimming Proficiency Test, will not be required to complete coursework. However, students who do not meet the fitness standards will be required to pass one to three quarters of Physical Education instruction, and students who do not meet the swimming standard will be required to pass a Swimming Course.
- D. A student may gain a maximum of one elective credit in Physical Education through membership on a University of Chicago varsity athletic team. The Personal Fitness requirement and Swimming requirement may not be satisfied through varsity participation.

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E. Physical Education courses are graded on a PASS/FAIL basis. The following marks are used for Physical Education courses:

- P** Pass. The student has fulfilled the minimum attendance and participation requirements established for Physical Education courses.
- I** Incomplete. The student has not completed the minimum attendance and participation requirements of the course before the end of the quarter but has made satisfactory arrangements with the instructor to complete the remaining work. An Incomplete Form must be obtained from the student's College adviser, submitted to the instructor before the end of the course, and approved by the instructor. A copy of the completed Incomplete Form will be given to the Associate Department Chairman for Physical Education. Incompletes must be finished within a period of time agreed upon between student and instructor. In the absence of a specified due date, the work must be completed within one calendar year.
- W** Withdrawn. The student has not completed the minimum attendance and participation requirements of the course before the end of the quarter, has not made satisfactory arrangements with the instructor to complete the remaining work, and has not officially dropped the course.
- F** Fail. The student attends but fails to satisfactorily meet other requirements of the class such as participation, safety considerations, or appropriate attire, and fails to officially drop the course.

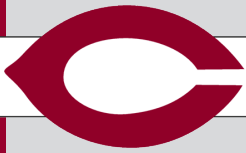
II. Physical Education Course Information

A. Registration

Students may register for Autumn Quarter Physical Education classes through the on-line course registration system beginning on Monday, September 28, 2009. Physical Education classes begin on Wednesday, September 30, 2009.

B. Attendance

1. One-credit Physical Education classes meet for eighteen (18) contact hours.
 - a. One-hour sessions, three times per week for six weeks, or
 - b. One-hour sessions, two times per week for nine weeks.Students must attend and participate in at least sixteen (16) contact hours of class sessions in order to receive a passing grade in a one-credit class.
2. Two-credit Physical Education classes meet for twenty-seven (27) contact hours.
 - a. One-and-a-half hour sessions, three times per week for six weeks.
 - b. One-and-a-half hour sessions, two times per week for nine weeks.Students must attend and participate in at least twenty-four (24) contact hours of class sessions in order to receive a passing grade in a two-credit class.



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C. **Attire**

1. Students need to report dressed for physical activity on the first day of class. Further details on appropriate attire for class will be discussed by the instructor during the first session. Proper dress is required to gain credit for attendance and participation.
2. Swimming caps, if desired, may be purchased at the Ratner Athletic Center.

D. **Equipment**

All equipment needed for classes is provided. American Red Cross certification courses require the purchase of textbooks.

E. **Lockers**

1. Permanent and temporary lockers are available in the Ratner Athletic Center and Henry Crown Field House.
2. Permanent lockers may be rented annually or for a three-month period. Payment for lockers is made at the Ratner Athletic Center.
3. Temporary lockers, including a lock and soap, are available free of charge.
4. Towel service is available at an additional charge.
5. Shower facilities are available in all locker rooms.



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PHYSICAL FITNESS PLACEMENT TEST

The Physical Fitness Classification Test is available to all undergraduate students entering the University as early entrants or high school graduates.

A. **Purpose**

This battery of tests is designed to assess the fitness level of each student. The components measured include muscular fitness (strength and flexibility) and cardiovascular endurance. Each test score is assigned a point value based on age-group norms and the point values are added together to determine a general level of physical fitness.

B. **Specific Components and Purpose of Tests**

1. **Muscular Fitness**

Grip Strength, Bench Press, Curl-ups

Strength is the capacity of a muscle to exert a maximal force against resistance. Muscular endurance is the ability of a muscle to exert submaximal force repeatedly over a period of time. Muscular fitness enhances health by promoting optimal performance in daily activities, lessening the risk of injury, improving posture, preventing chronic structural problems like lower back pain, maintaining muscle tissue, preventing degenerative conditions like osteoporosis, improving physical appearance and self-image, and relieving stress.

Trunk Flexion and Shoulder Lift

Flexibility, the ability to move a joint freely through a full range of motion, is often underestimated and overlooked in assessing health. Injuries and the development of degenerative conditions such as lower back and spinal column problems are frequently the result of inflexible and weak muscles. Good flexibility also improves and maintains posture, as well as enhances the maintenance of motor skills throughout life.

2. **Cardiovascular Assessment**

Step Test

Cardiovascular endurance is the ability of the lungs, heart, and blood vessels to deliver adequate amounts of oxygen to meet the cells' demands during prolonged physical activity. The most prevalent degenerative conditions in the United States are cardiovascular diseases that affect the heart and circulatory system. Cardiovascular fitness enhances health by promoting a stronger and more efficient heart, lower blood pressure, an increase in vitality and energy, an ability to control body weight, a relief from tension, an increase in physical stamina and a decrease in fatigue.



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C. **Required Dress**

A comfortable workout shirt and shorts or sweat pants must be worn. Proper athletic shoes with socks are extremely important for the Step Test.

D. **Location**

All testing will occur in the Gerald Ratner Athletics Center (5530 S. Ellis Avenue).

E. **Waiver of Testing**

1. A student may sign a waiver if he/she prefers not to participate in the Fitness Testing or is medically unable to take the tests.
2. ***Declining the opportunity to take the Fitness Tests during the Orientation Week administration means that the student will be required to complete three credits of Physical Education classes with at least one credit in a designated personal fitness class.***
3. Students with special situations or problems should report to the test site at their scheduled time and arrange an appointment to discuss alternatives.



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SWIMMING PLACEMENT TEST

The Swimming Test is offered to all undergraduate students entering the University as early entrants or high school graduates. *Students must be comfortable in deep water to attempt this test.*

A. Purpose

The purpose of this test is to assess endurance and safety in the water.

B. Test Procedure

Swim continuously for 100 yards (4 lengths of the Myers-McLorraine Pool in the Ratner Athletics Center) using any stroke(s). There is no time limit.

C. Required Dress

1. Students must provide a swim suit and towel (cut-offs, underwear, or regular shorts are not permitted).
2. Students with longer hair should tie it so that it doesn't infringe on the face.

D. Location

The Gerald Ratner Athletics Center (5530 S. Ellis Avenue) - Myers-McLorraine Pool.

E. Waiver

1. A student may sign a waiver if he/she cannot swim or prefers not to take the test. *Signing a waiver means that the student will be required to pass a one-credit Swimming Class.*
2. Students who cannot take the test for medical or religious reasons may submit a request for a waiver. Medical waivers require a note from a physician detailing the medical restriction. Religious waiver requests (the test is conducted with men and women together) must be from an official leader in the religious community.

G. Test Failure or Waiver

Students who fail, waive, or do not complete the Swimming Test as well as fail to place out of any Physical Education credits will have the maximum three-credit requirement to fulfill in Physical Education: one credit in a swimming class, one credit in a personal fitness class, and one credit in an elective class.

H. Certification of Competency

Students who possess *current* American Red Cross Lifeguard or PADI certification may present the certificate at their assigned Fitness Test time to satisfy the Swimming requirement.



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CLASSIFICATION CODES AS LISTED ON THE TEST RECORD CARD

- 0 - No requirement
- 1 One elective credit
- S One swim course
- 1-S One swim course and one elective credit
- 2 One personal fitness credit, one elective credit
- 3 One personal fitness credit, two elective credits
- 2-S One swim course, one personal fitness credit, one elective credit
- 3-S One swim course, one personal fitness credit, one elective credit

REGISTRATION

Students will register for Physical Education classes via the on-line course registration system beginning on Monday, September 28, 2009. Autumn Quarter Physical Education classes begin Wednesday, September 30, 2009.



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PHYSICAL EDUCATION PROGRAM GENERAL OBJECTIVES

The courses offered through the Department of Physical Education and Athletics are intended to meet one or more of the following objectives.

1. To facilitate an understanding of fitness and how it contributes to healthful living.
2. To provide information and basic experience necessary to develop and implement physiologically-sound personal fitness and exercise programs.
3. To enhance appreciation and enjoyment of physical activity and recreational pursuits.
4. To provide regular opportunities and assistance for effective physical fitness activities.
5. To facilitate health and safety awareness as well as the ability to respond to a health emergency.

PHYSICAL EDUCATION COURSES (2008-2009)

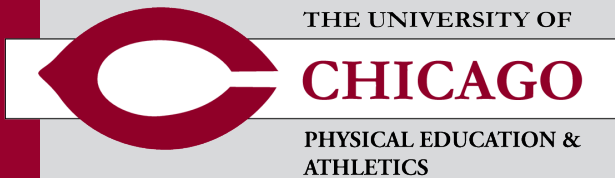
A. AQUATICS

1. Swimming - Elementary
2. Lifeguard Training

B. PHYSICAL FITNESS

1. Personal Fitness-Conditioning (2 credits)*
2. Personal Fitness-Weight Training*
3. Personal Fitness-Introduction to Free Weight Training*
4. Personal Fitness-Step Aerobics*
5. Personal Fitness-Water Aerobics*
6. Personal Fitness-Jogging*
7. Personal Fitness-Pilates and BOSU Training*
8. Introduction to Yoga
9. Introduction to Pilates

*qualifies as a Personal Fitness course to meet the requirement for students needing two or more credits in Physical Education



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C. PHYSICAL RECREATION ACTIVITY AND SPORTS

1. Racquetball - Elementary
2. Tennis - Elementary
3. Badminton - Elementary
4. Ballet - Elementary
5. Modern Dance (Elementary and Intermediate)
6. Social Dance (Elementary and Intermediate)
7. Jazz Dance (Elementary)
8. Archery
9. Introduction to the Golf Swing

D. HEALTH AND SAFETY

1. CPR/First Aid/AED
2. CPR for the Professional Rescuer
3. Emergency Response

CONTACT INFORMATION

Department of Physical Education and Athletics Website: athletics@uchicago.edu

General Information:

Ratner Athletics Center 244
773/702-9556

Physical Education and Wellness Office:

Ratner Athletics Center 246
773/702-6925